

5th Annual
South Prairie Salmon Run



September 25, 2010

5K&10K Run - 3K & 5K Walk - Kids Fun Run

Salmon Bake following races!

Courtesy of Trail side Espresso

RACE SCHEDULE

Registration 7:30 AM

10 K RUN (CHINOOK) 9:00 AM

5K RUN (COHO) 9:00 AM

3K OR 5K WALK (SOCKEYE) 9:00 AM

KIDS (MINNOW) FUN RUN 8:45 AM

**RACES START AT THE
TRAIL SIDE ESPRESSO**

130 HIWAY 162 WEST

SOUTH PRAIRIE, WA 98385

FOR MORE INFORMATION CONTACT:

southprairie.salmonrun@gmail.com

call 360-897-2002 OR 253-226-8645

REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

PHONE _____

T-SHIRT SIZE S M L XL XXL

MALE FEMALE AGE _____

5K RUN / 10 K RUN

\$20 IF REGISTERED BY SEPTEMBER 15TH

\$25 SEPTEMBER 15 THROUGH DAY OF RACE

3K WALK - 5K WALK

\$15 BEFORE SEPT. 15 - \$20 AFTER SEPT. 15

KIDS FUN RUN FREE (NO T-SHIRTS)

SIGNATURE _____

SIGNATURE OF PARENT OR GUARDIAN IF

UNDER 18

Mail this section of the form and the entry fee to:

Rails-to-Trails Coalition

PO Box 192

Puyallup, WA 98371

By signing this form, I agree that all persons or entities associated with the South Prairie Salmon Run shall have no expressed or implied duty to provide traffic control, first aid, water, or any other service or equipment to me during the event, and that I willingly accept all risks, known or unknown, which may arise out of or be related to my participation in this event. Furthermore I do hereby release and discharge the Town of South Prairie, The Foothills Rails-to-Trails Coalition and the South Prairie Cares Committee and their officers, agents, employees, and volunteers from all claims, demands and cause of action of every kind whatsoever for any damages and/or injuries which may result from my participation in the South Prairie Salmon Run. I also grant the South Prairie Salmon Run and The Foothills Rails-to-Trails Coalition free use of any photos taken of me during this event.